

WHAT MH WEARS

It's not all Lycra and tank tops – the *Men's Health* team's most stylish share their autumn essentials



Want a more formal look without having to wear a tie? Just do up your top button

- JACKET £75
- SHIRT £20
- TIE £10
- BELT £15
- SCARF £15
- ALL V BY VERY
- BLAZER £195
- TROUSERS £130
- BOTH BEN SHERMAN
- TRAINERS £79 KG
- ALL VERY
- GLASSES, STYLIST'S OWN

WORK

“My day can encompass breakfast meetings with clients, shoots and evening events. With so much to think about, I prefer simplicity. A classic trainer keeps me right where I want to be on the smart-casual divide. If I'm shooting on location, an all-weather parka is a must and ties in perfectly with the new-season trend for teaming outdoor apparel with tailoring.” **Eric Down, Style Director**



The perfect weekend trouser fuses smart tailoring with comfort

- TROUSERS £35
- WALLET £15
- BOTH V BY VERY
- PARKA £160
- PRETTY GREEN
- POLO SHIRT £80
- BEN SHERMAN
- BOOTS £89 OFFICE
- HAT AND SCARF SET
- £85 REPLAY
- ALL VERY
- WATCH, STYLIST'S OWN

SHOP ALL YOUR NEW-SEASON ESSENTIALS AT VERY

PLAY

“At the weekend, comfort is king, but I still like to keep things on the smart side should I need to go into town for lunch or drinks at the eleventh hour. Sporty tailored trousers, a retro-inspired polo and some sturdy brogue boots are my default. It's a combination that feels considered, but it can also handle fickle weather if there's a sudden meteorological shift.” **Shane C Kurup, Deputy Style Editor**

PHOTOGRAPHY: JOBE LAMRENSON | STYLING: JESSICA PUNTER | ART DIRECTION: DALJIT BABBER

